

Sports Massage with James Mally, ND

September 16 & 17, 2026

Northern Virginia School of Therapeutic Massage
Falls Church, Virginia

The techniques you will learn in this workshop can help all of your clients, whether they are athletes or not.

You will learn and practice many techniques in this hands-on workshop to help **all** your clients. We will demonstrate treatment strategies for sprains, strains, and many common conditions such as hamstring strain, rotator cuff tear, tennis elbow, golfer's elbow, iliotibial band friction syndrome, "shin splints", and achilles tendinitis.

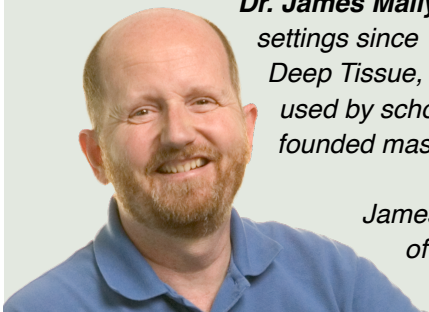
For a complete class description visit www.massagelibrary.com/workshops

September 16 & 17, 2026
Wed. & Thurs. 9 am - 6pm
16 hours \$380 + \$20 materials

**Northern Virginia School of
Therapeutic Massage**
6402 Arlington Blvd., Suite 840
Falls Church, Virginia 22042
703-533-3113
www.nvschoolofmassage.com



The materials fee is for Dr. Mally's Sports Massage workbook. The workbook is 112 pages and sets up as a stand with individual pages for each technique.



Dr. James Mally has been doing massage professionally in many different settings since 1975. He has produced DVDs and workbooks on Swedish, Deep Tissue, Sports, Side Lying Massage, and Massage Cupping that are used by schools worldwide. He teaches workshops around the world and founded massagelibrary.com.

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a continuing education approved provider. Provider # 451329-10.

